OWNER'S MANUAL

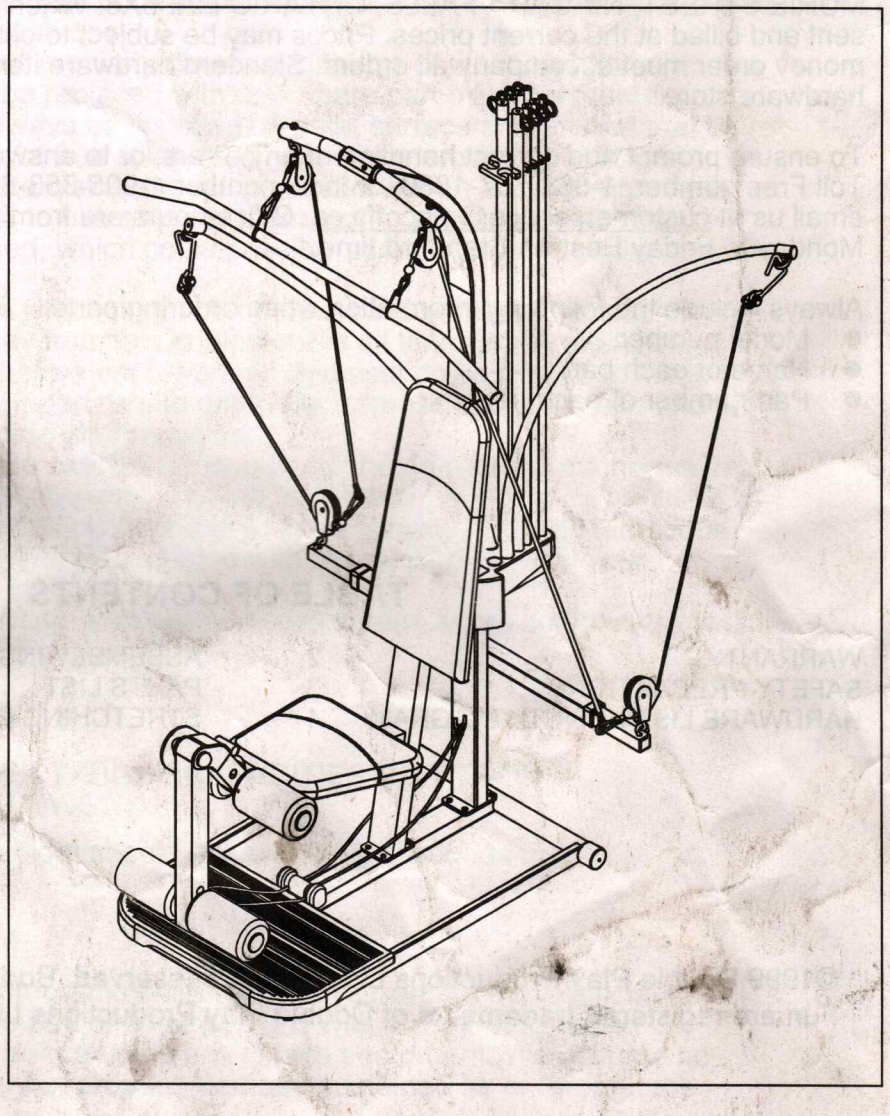
MODEL NO.
16115775-1

- ***Warranty***
- ***Assembly***
- ***Operation***
- ***Parts***

CAUTION

You must read and understand this owner's manual before operating unit.

GET FIT
BODYBREAK



BREAST
Muscle G

Manufacture's One-Year Limited Warranty

BODY BREAK resistance gym is warranted for one year from the date of purchase against cts in material when used for the purpose intended, under normal conditions and provided it ives proper care. Any part found defective or missing will be sent at no cost when returned in ordance with the terms of this warranty.

is warranty is not transferable and is extended only to the original owner.

he warranty shall not apply to exercise units which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repair and alterations.

This warranty provided herein is lieu of all other express warranties, any implied warranties, including any implied warranties of merchantability of fitness for particular purpose, are limited in duration to the first 12 months from date of purchase. All other obligations or liabilities, including liability for consequential damages are hereby excluded.

Repair Parts and Service

All of the parts for the unit shown can be ordered from: Maurice Pincoffs Canada Inc. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2E 6X8. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Check or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number, 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email us at customerservice@pincoffs.ca. Office hours are from 8:30 A.M. to 5:00 P.M. Monday to Friday Eastern Standard time.

Always include the following information when ordering parts
- Model number
- Name of each part
- Part number of each part

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SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and/or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact us for a replacement.

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym centre.

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your resistance gym.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The resistance gym must be regularly checked for signs of wear and damage. Any part found defective must be replaced with new spare part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface and ensure that there is at least 3 feet or 1 meter of free space in all directions around your fitness equipment while you are exercising. Do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. Keep children and pets away from this equipment at all times while exercising.
8. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from training your muscles.
9. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
10. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your resistance gym.
11. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.

IMPORTANT!

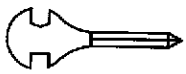
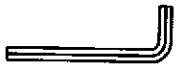
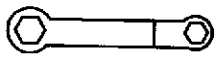
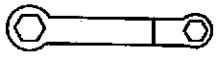
THE MAXIMUM RECOMMENDED WEIGHT CAPACITIES FOR YOUR RESISTANCE GYM IS AS FOLLOWS:

Maximum recommended user weight should not exceed 330 pounds

WARNING:

Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

HARDWARE PACK

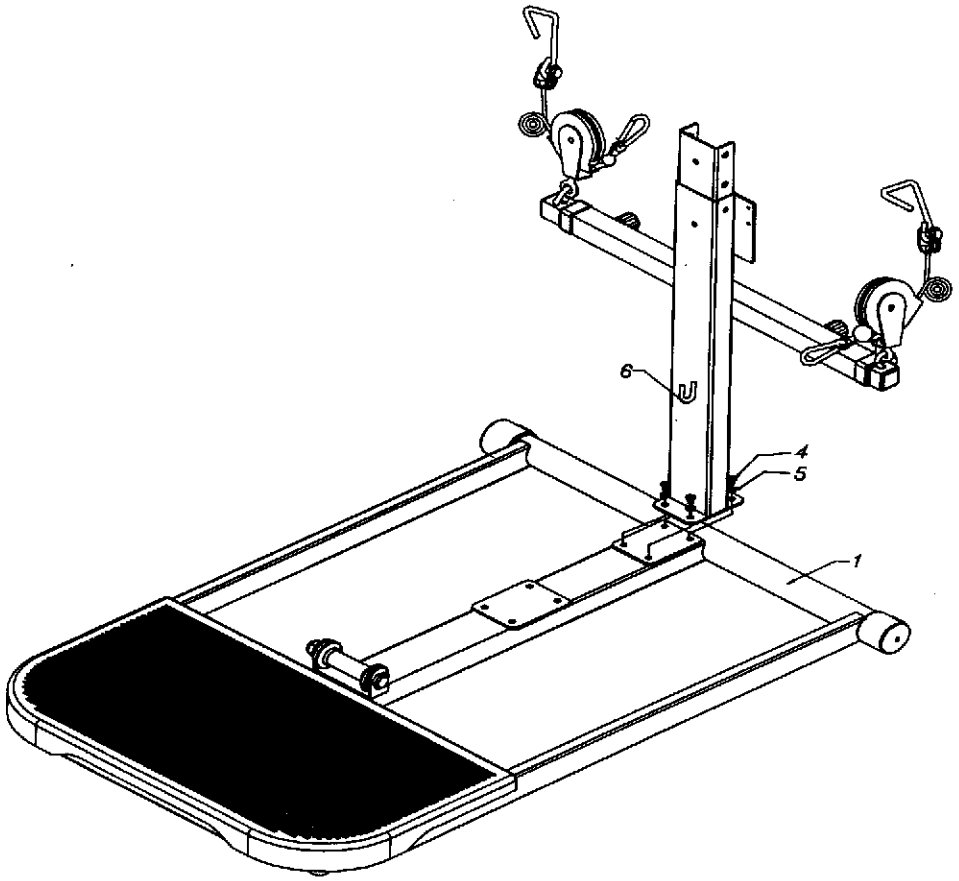
#3 Screw Φ5.0*15	4pcs	
#4. Allen Bolt M8*15	13pcs	
#5. Washer(Φ8.5*Φ16 *T1.5)	17pcs	
#7. Screw M5.0*15	8pcs	
#12. Hex Bolt M10*60	2pcs	
#13. Hex Bolt M6*20	8pcs	
#14. Washer Φ6.2*Φ13*T1.	8pcs	
#17. Hex Bolt M8*100	2pcs	
#19. Nylon Nut M8	2pcs	
#23. Hex Bolt M10*75	1pcs	
#24. Washer Φ10.5*Φ20*T1.5	2pcs	
#25. Nylon Nut M10	1pcs	
#39. Wrench L10~L13	1pcs	
#40. Wrench L6	1pcs	
#41. Wrench L 13~L17	1pcs	
#42. Wrench L 10~L17	1pcs	

ASSEMBLY INSTRUCTION

This manual is designed to help you easily assemble, adjust and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instructions, first study the overview drawing.
Set all parts in a clear area on the floor and remove the packing materials. Refer to the parts list for help in identifying the parts.
It will take two people to assemble your unit.
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

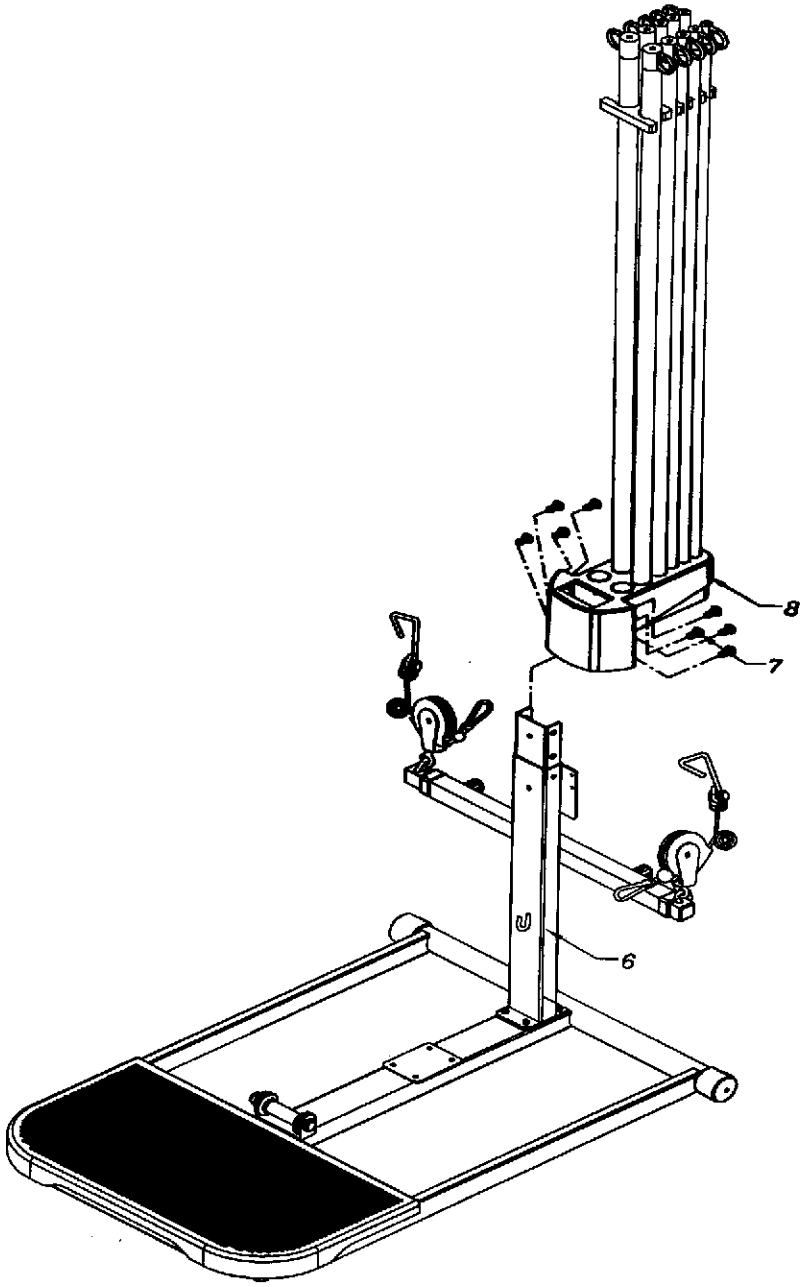
STEP 1

A) Secure Lower Frame (#6) to Base Platform (#1) tighten with M8 x 15 Allen Bolts (#4) and Φ8.5 x Φ16 x T1.5 Washer (#5).



STEP 2

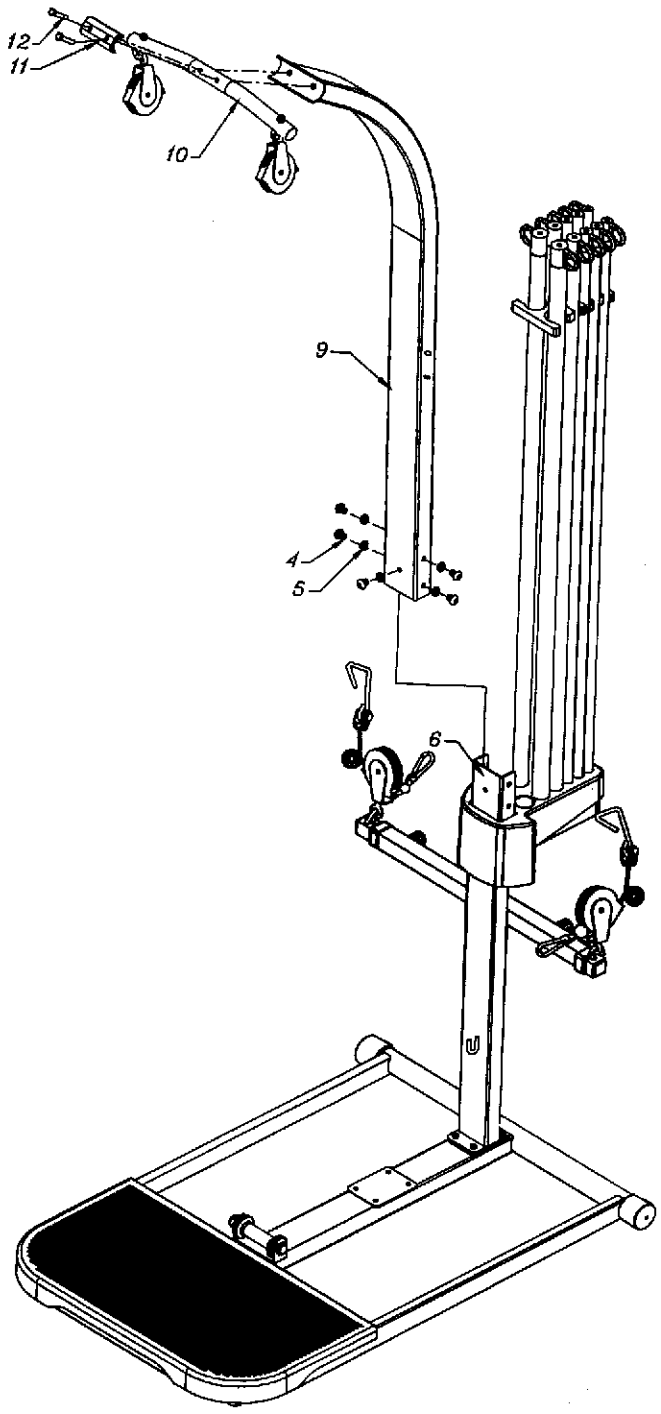
A) As the diagram shows, secure Tech Rod set (#8) to Lower Frame (#6) tighten with M5 x 15 Screw (#7).



STEP 3

A) Attach Bracket (#11) to the High Pulley Support Bar (#10) and Upper Frame (#9), secure them with M10 x 60 Hex bolts (#12).

B) Attach Upper Frame (#9) to Lower Frame (#6) as the diagram shows and secure it with M8 x 15 Allen Bolts (#4) and Φ8.5 x Φ16 x T1.5 Washers (#5).

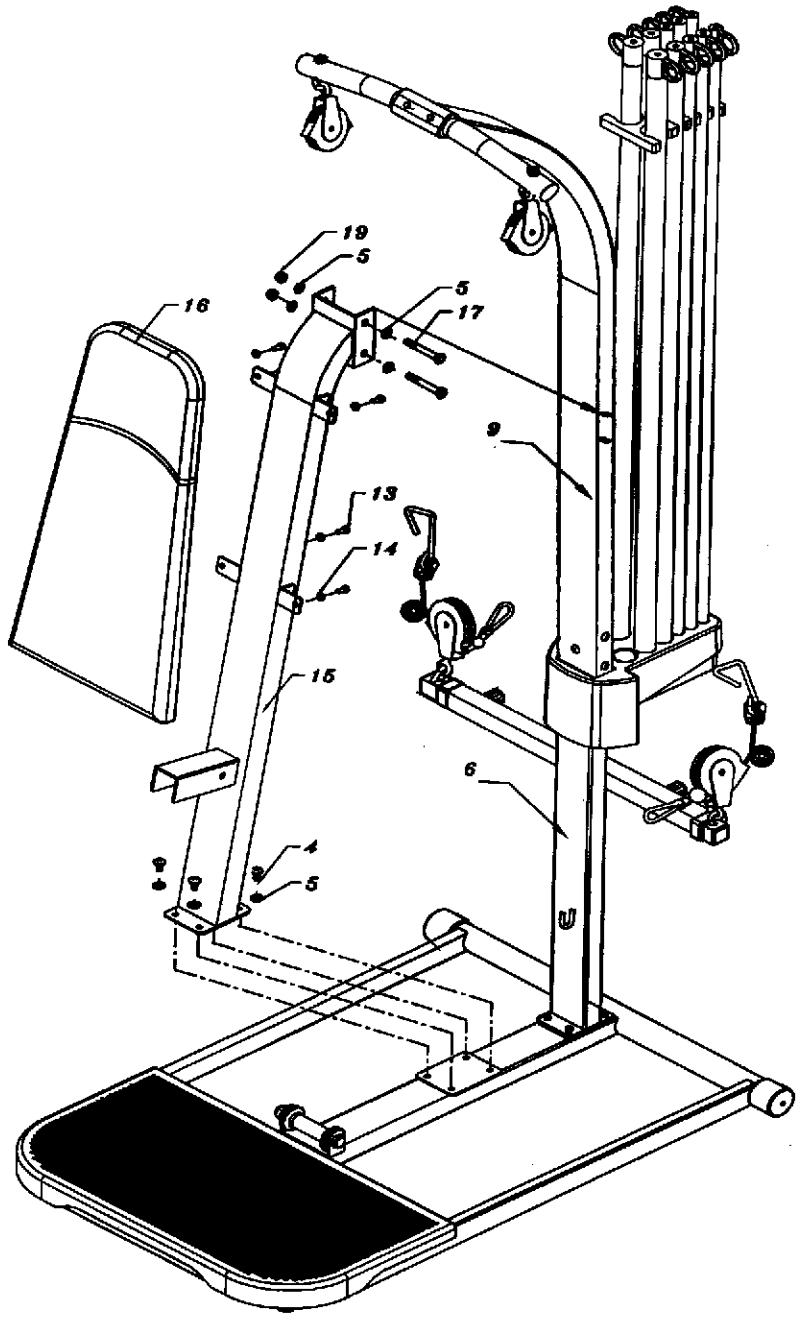


STEP 4

A) Attach Back Pad Frame (#15) to Upper Frame (#9) and Base Platform (#1), plug M8 x 15 Allen bolt (#4) with Φ8.5 x Φ16 x T1.5 Washer (#5) into the holes on Base Platform (#1)

B) Use M8 x 100 Hex Bolt (#17) with Φ8.5 x Φ16 x T1.5 Washer (#5) to plug into the holes on Upper Frame (#9) and secure it tight with Φ8.5 x Φ16 x T1.5 Washer (#5) and Nylon nut(M8) (#19)

C) Attach Back Cushion (#16) and Back Pad Frame (#15), secure it with M6 x 20 Hex Bolt (#13) and Φ8.5 x Φ16 x T1.5 Washer (#14)

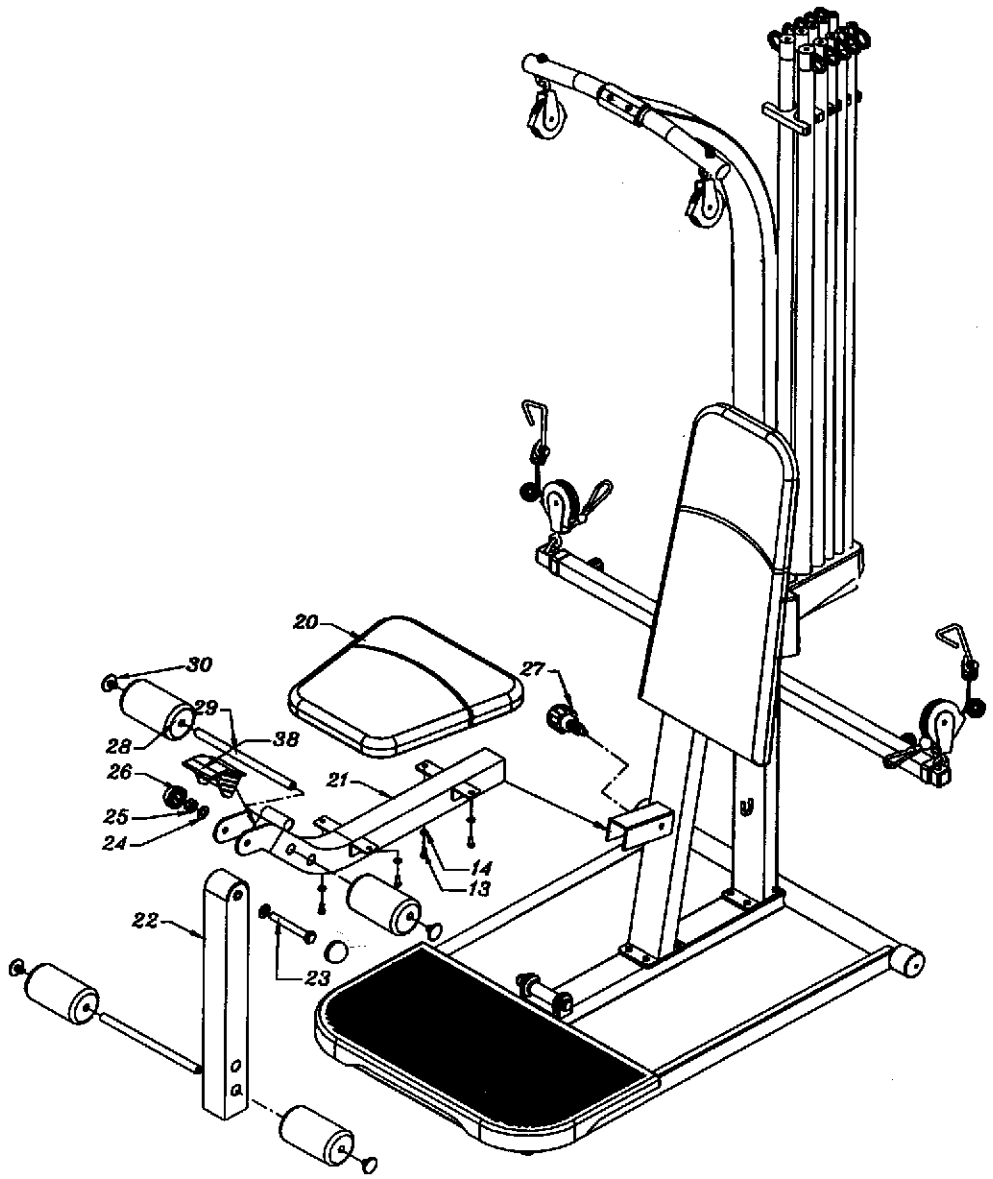


STEP 5

A) Attach Seat Support (#21) to the Back Pad Frame (#15) as diagram shows and secure it with Lock knob (#27)

B) Attach Seat Cushion (#20) to Seat Support (#21) and secure it with M6 x 20 Hex Bolt (#13) and Φ6.2 x Φ13 x T1.5 Washer (#14)

C) Attach Leg Developer (#22) to Seat Support (#21), through M10 x 75 Hex Bolt (#23) and Φ10.5 x Φ20 x T1.5 Washer (#24) from the hole and secure it with M10 Nylon Nut (#25) and Φ10.5 x Φ20 x T1.5 Washer (#24), cover with Nut cap (#26)
Plug Foam Tube (#29) to Seat Support (#21) and Leg Developer (#22), cover it by Foam Roll (#28) and Foam roll End Cap (#30). Then plug the Leg Protector Cover (38).



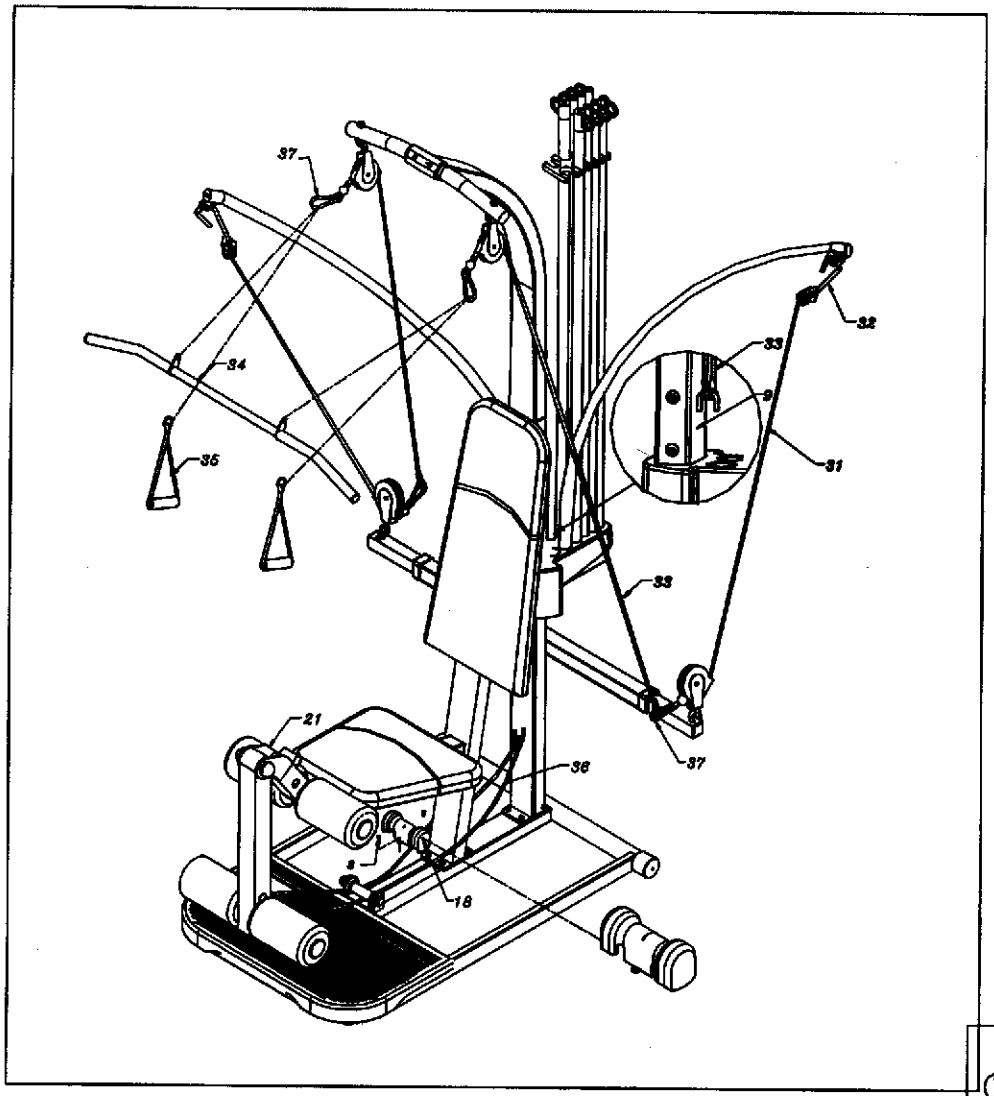
STEP 6

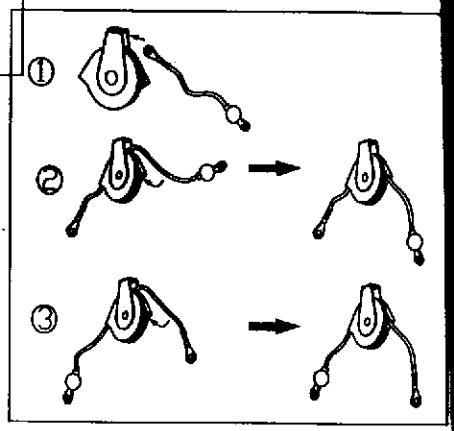
A) Hook the Tech Rod Cable (#31) to Tech Rod Set (#8) with L-Shape Connector (#32)

B) Connect Leg Developer cable (#36) to the position as diagram shows with End Hook (#37) and open the Roller Cap (#18). Please note there is an arrow on the roller cap which should point towards the pad.

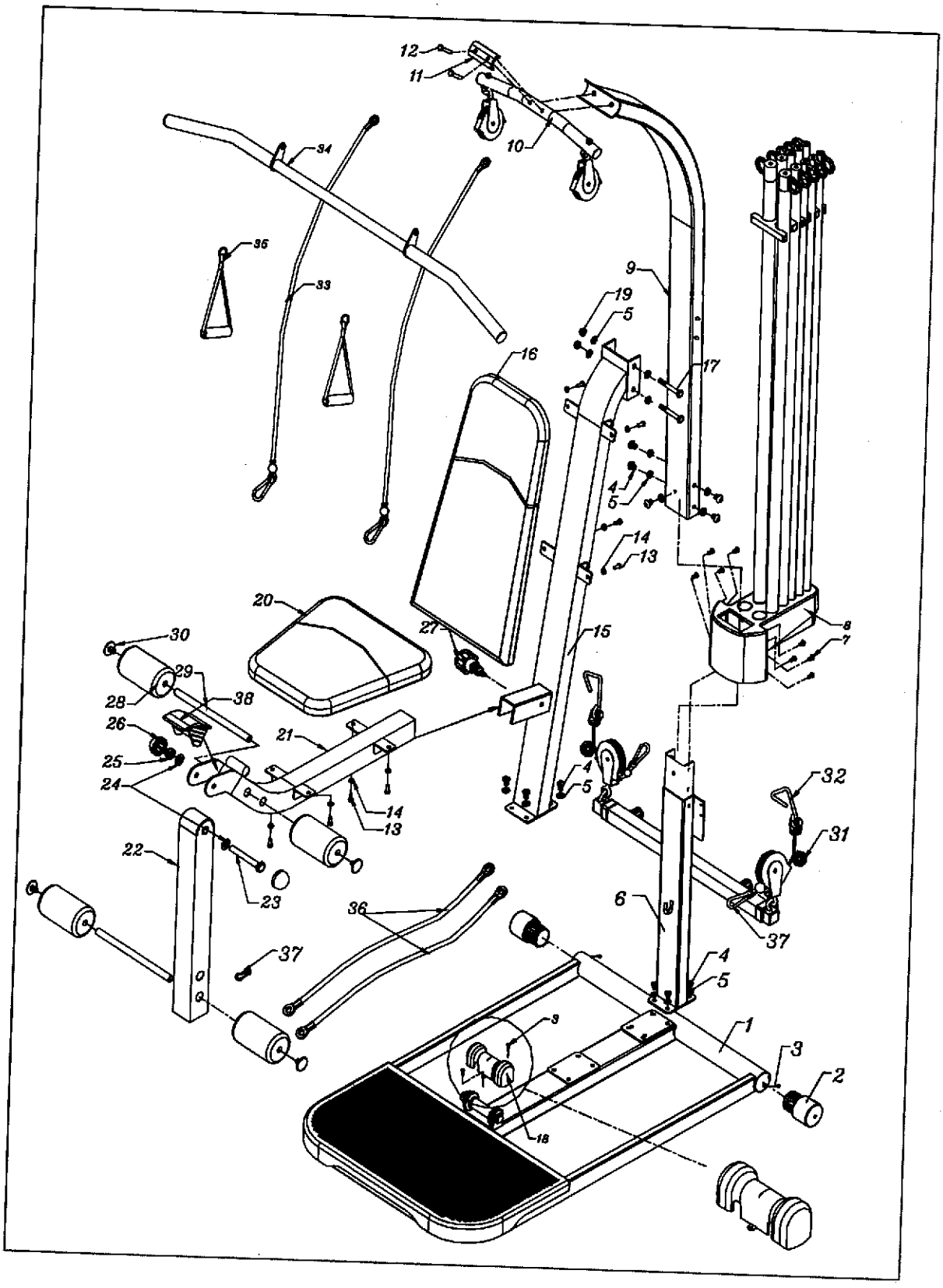
C) Hook the Lat Cable (#33) with Lat Bar (#34) or with Hand Strap (#35). Please hook the Lat Cable (#33) to Upper Frame (#9) if use the Leg Developer (#22)

D) Please note that you can choose Hand Strap/Lat Bar exercising or Leg Developer exercising but can not use the 2 functions at same time.





EXPLODED DIAGRAM



PARTS LIST

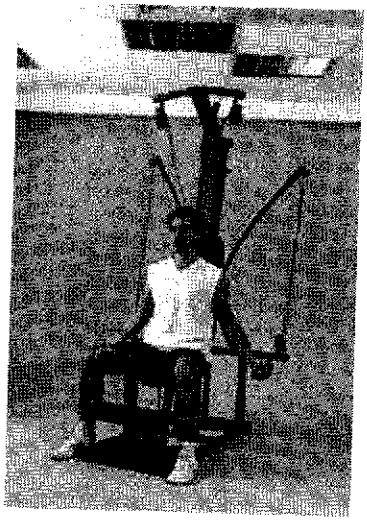
Key No.	Part No.	Description	Q'ty
1.	1577501	Base Platform	1
2.	1577502	Roller Set	2
3.	1577503	Screw Φ5.0*15	4
4.	1577504	Allen Bolt M8*15	13
5.	1577505	Washer Φ8.5*Φ16 *T1.5	17
6.	1577506	Lower Frame	1
7.	1577507	Screw M5*15	8
8.	1577508	Tech Rod Set	1
9.	1577509	Upper Frame	1
10.	1577510	High Pulley Support Bar	1
11.	1577511	Bracket	1
12.	1577512	Hex Bolt M10*60	2
13.	1577513	Hex Bolt M6*20	8
14.	1577514	Washer Φ6.2*Φ13*T1.5	8
15.	1577515	Back Pad Frame	1
16.	1577516	Back Cushion	1
17.	1577517	Hex Bolt M8*100	2
18.	1577518	Roller Cap	1
19.	1577519	Nylon Nut M8	2
20.	1577520	Seat Cushion	1
21.	1577521	Seat Support	1
22.	1577522	Leg Developer	1
23.	1577523	Hex Bolt M10*75	1
24.	1577524	Washer Φ10.5*Φ20*T1.5	2
25.	1577525	Nylon Nut M10	1
26.	1577526	Nut Cap	2
27.	1577527	Lock Knob	1
28.	1577528	Foam Roll	4
29.	1577529	Foam Tube	2
30.	1577530	Foam Roll End Cap	4
31.	1577531	Tech Rod Cable	2
32.	1577532	L-Shape Connector	2
33.	1577533	Lat Cable	2
34.	1577534	Lat Bar	1
35.	1577535	Hand Strap	2
36.	1577536	Leg Developer Cable	2
37.	1577537	End Hook	5
38.	1577538	Leg Protector Cover	1
39.	1577539	Wrench L10~L13	1
40.	1577540	Wrench L6	1
41.	1577541	Wrench L 13~L17	1
42.	1577542	Wrench L 10~L17	1

EXERCICES

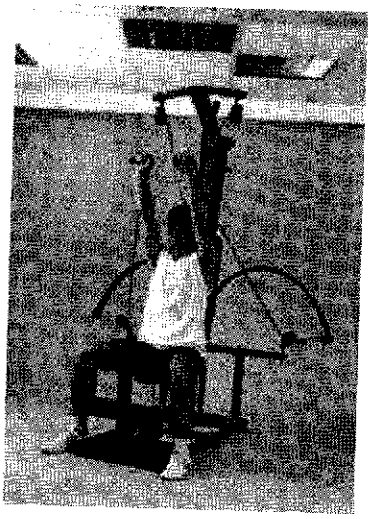
SEATED SHOULDER PRESS

Muscle Group: Shoulder Abduction (and elbow extension)

Start



Finish



Action:

- Sit on the cushion facing away from the power rods, knees bent and feet flat on the floor.
- Keep your chest up, abdominals tight and maintain a very slight arch in your lower back.
- Grasp handles with palms facing away from the machine.
- Raise handles to just above shoulder level, keeping palms facing forward.
- Straighten arms overhead, focusing on moving your elbows up and inward toward your head.
- Slowly return to starting position keeping tension in the front shoulder muscles.

Key points:

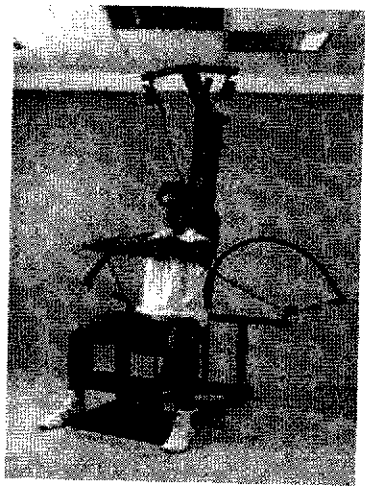
- Keep the abdominals tight throughout the entire motion and maintain good spinal alignment.
- Don not let the arch increase in the lower back while pressing up.

FRONT SHOULDER RAISE

Muscle Group: Shoulder Flexion (elbow stabilized)

Start

Finish



Action:

- Sit on the cushion facing away from the power rod, knees bent and feet flat on the floor.
- Keep your chest up, abdominals tight and maintain a slight arch in your lower back.
- Grasp handles with your palms facing towards the machine and arms straight at your sides.
- The arms may be moved alternately, or together.
- Keeping your arms straight, move them forward then upward to shoulder height.
- Slowly return the arms beside the torso and repeat.

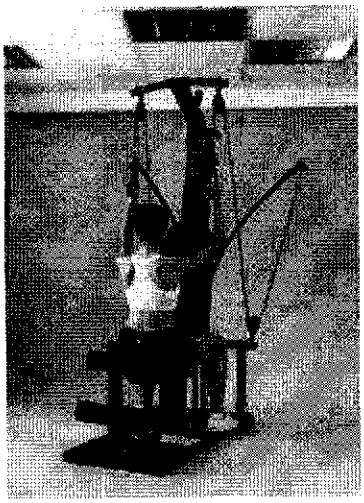
Key points:

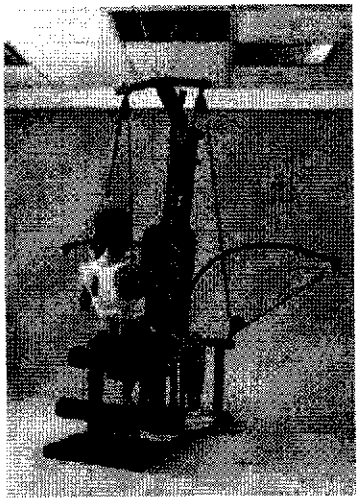
- Keep the chest lifted and the abdominals tightened throughout the entire motion and maintain good spinal alignment.
- Do not increase the arch in your lower back while lifting your arms.

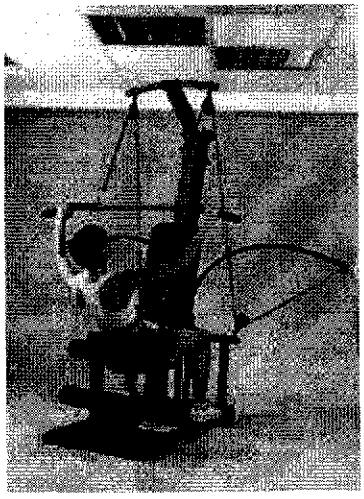
WIDE PULLDOWNS

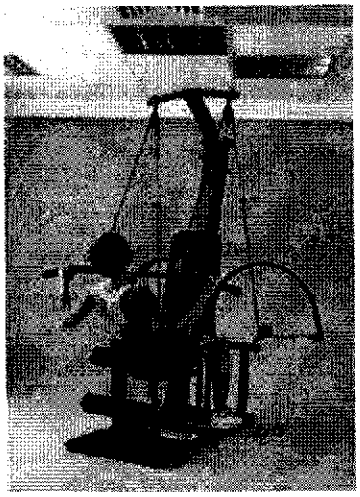
Muscle Group: Shoulder Adduction (and elbow flexion)

Start **Finish**









Action:

- Facing the power rod, grasp the handles with the corresponding hand, palms facing each other and sit on the cushion.
- Position your thighs directly under the pulleys and sit upright with your arms extending upward.
- Maintain good spinal alignment, chest lifted, abs tight and maintain a very slight arch in your lower back.
- Keeping your hands shoulder width, initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows downward to the front then inward, towards the sides of your body.
- Slowly return to the starting position allowing your arms and shoulder blades to move upward fully, without relaxing the muscles.

Key points:

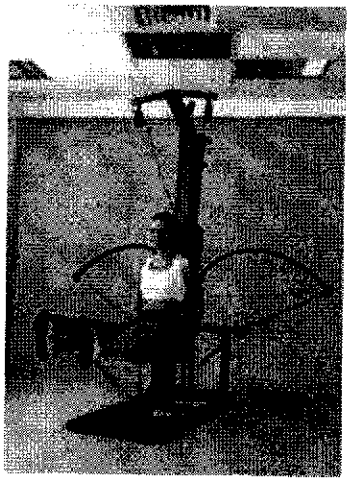
- Do not lose spinal alignment. Keep the lats tightened throughout the entire motion.
- When you using bar, please note that determining the appropriate grip width for you and holding your arms straight out to the sides at shoulder height. Bend your elbows approximately 90 degrees. Your hands should be no wider than your elbows.

LEG EXTENSION

Muscle Group: Thigh/abs Muscles

Start

Finish



Action:

- Sit on the cushion facing away from the power rods with your knees near the pivot point and the lower roller pads on your shins(see picture).
- Adjust your thighs to hip width pointing your kneecaps straight to the front.
- Grasp the sides of the seat. Sit up straight with your chest lifted, abs tight and maintain a very slight arch in your lower back.
- Tighten your quads and straighten your legs by moving your feet forward and then upward until your legs are completely straight and your kneecaps are pointing up towards the ceiling (not turned outward).
- Slowly return to the starting position keeping tension in your quads during the entire movement.

Key points:

- Use slow controlled motion. Do not "kick" into extension.
- Do not let your knees rotate outward during the exercise. Keep your kneecaps pointing up and straight forward.

LEG EXTENSION

Muscle Group: Rear thigh muscles

53

Start

Finish

Action:

- Facing the power rods and grasp the back cushion for stability.
- Placing your knees near the pivot point and ankles under the upper roller pads.
- Slowly bend your knee and raise one of your leg upward and then towards your hip without moving your spine.
- Keeping the hamstrings tight, slowly allow your legs to straighten and return near the starting position. Do not fully extend your legs.

Key points:

- Make sure that your straighten your legs under control, do not allow your knees to hyperextend.
- Keep your chest lifted, abs tight and maintain a very slight arch in your lower back.

ANKLE EXTENSION

Muscle Group: Inside of lower legs muscles

Start **Finish**

Action:

- Sit on the cushion with one side of your body facing the power rods.
- Attach the handle around the ball of the foot closet to the pulley.
- Straighten the attached leg and sit up straight.
- Allow the foot to rotate towards the power rods, keeping tension in the cables.
- Keeping your leg stationary, slowly rotate your foot away from the power rods.
- Slowly return to the starting position without relaxing.

Key points:

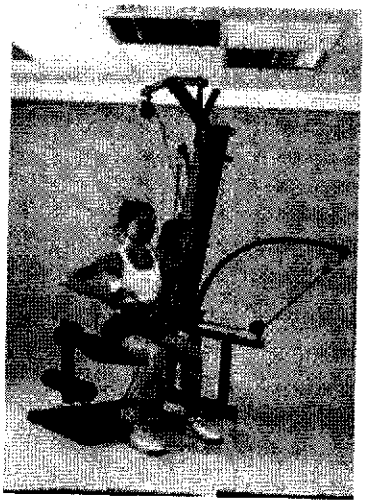
- Movement should occur only at the ankle, keep the rest of your body motionless.
- You should feel tension in the inside of your calf throughout the entire motion.

SHOULDER ROTATOR CUFF

Muscle Group: Infraspinatus and teres minor muscles

Start

Finish



Action:

- Sit on the cushion with one side of your body facing the power rods.
- Grasp the handle nearest you and draw that arm back into your side, keeping your elbow bent.
- Rotate your forearm away from your abdomen and out to the side, keeping your elbow/upper arm by your side during the entire motion.
- Slowly return to the starting position.

Start

Finish

Action:

- Stand beside the machine with one side of your body facing the power rods.
- Grasp the handle nearest you and draw that arm back into your side, keeping your hand straight.
- Slowly return to the starting position.

Key points:

- Control the motion during the entire exercise. Do not use momentum.
- Do not rotate the spine to get additional range of motion. Try for "pure" external rotation of the shoulder joint. More is not better!
- Use light resistance only. Pick a resistance that allows you to perform 12-15 reps.

SCAPULAR PROTRACTION

Muscle Group: Serratus anterior muscles

Start

Finish

Action:

- Stand with facing the power rods. Grasp the handle with the palms facing down.
- Raise the arms with the elbow straight, keeping tension in the cables.
- Slowly return to the starting position without relaxing.

Start

Finish

Action:

- Stand with facing the power rods. Grasp the handle with the palms facing down.
- Draw the arms upwards, keeping your elbow bent and keeping tension in the cables.
- Slowly return to the starting position.

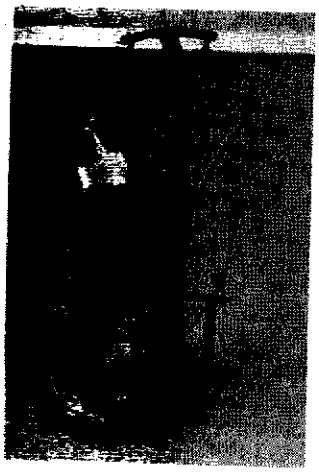
Key points:

- Movement should occur only at the arm and shoulder, keep the rest of your body motionless.
- Do not bend and rotate the spine and legs.

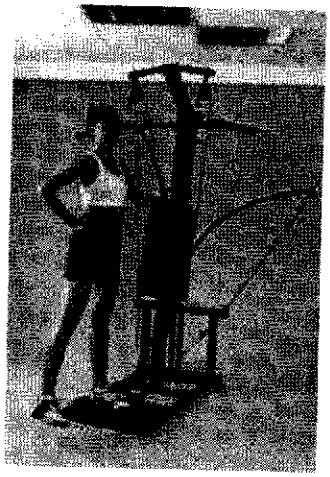
LEG EXTENSION

Muscle Group: Crus muscles:

Start



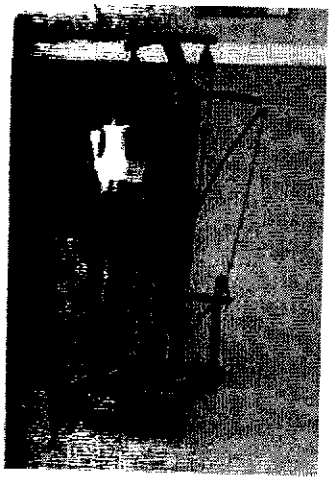
Finish



Action:

- Stand beside the machine with left hand grasp the back cushion.
- Put your feet on the pedal and attach the handle around your right instep.
- Pull your right foot towards the side of your right hand.
- Slowly return to the starting position.

Start



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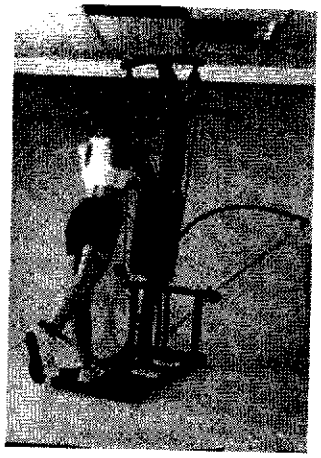


Action:

- Stand with your body towards the power rods.
- Grasp the back cushion with palms facing down..
- Put your feet on the pedal and attach the handle around your right instep.
- Pull your right foot towards the side of your right hand.
- Slowly return to the starting position.

Key points:

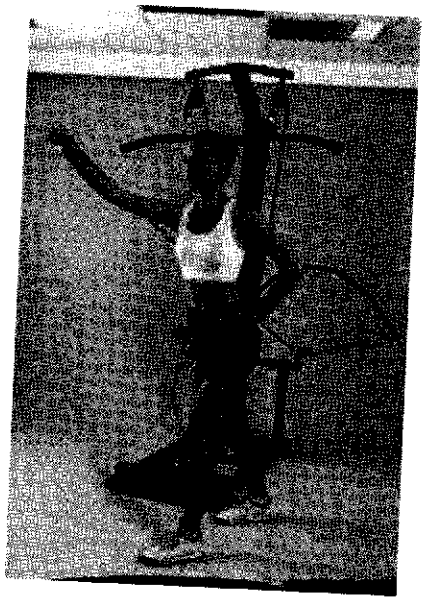
- Movement should only occur at your right leg and foot.
- Keep your body stand straight.

ARM EXTENSION

Muscle Group: Forearm muscles

Start

Finish



Action"

- Stand beside the machine with your back toward the back cushion and your right foot nearby the pedal.
- Grasp the handle with palm facing upward and elbow bent. At same time, please keep your left foot move forward .
- Extend the handle in front of you together with your upper body incline forward.
- Slowly back to starting position.

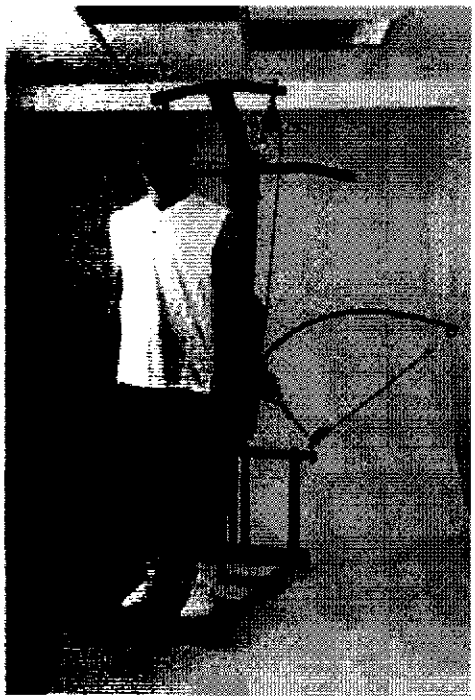
Key point:

- Keep abdominals tight and spain alignment during the whole process.

ARM ROTATOR

Muscle Group: arms muscle

Start



Finish

Action:

- Stand on pedal with your back towards back cushion.
- Grasp the handle with the palms facing down.
- Draw the arms upward till your elbow bent and keeping tension in the cables.
- Slowly return to the starting position.

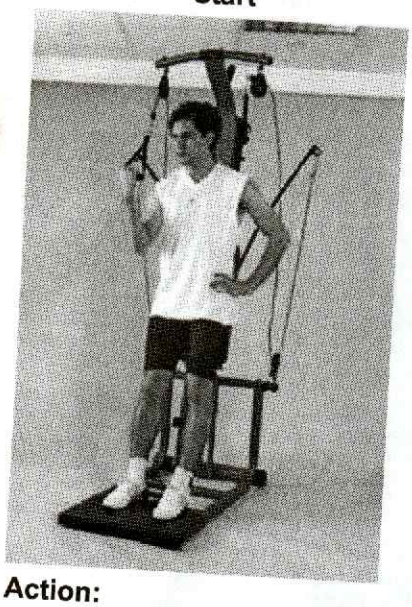
Key points:

- Movement should occur only at the arm and shoulder. Keep the rest of your body motionless.
- Do not bend and rotate the spine and legs.

SHOULDER ROTATOR CUFF

Muscle Group: Forearm and shoulder

Start



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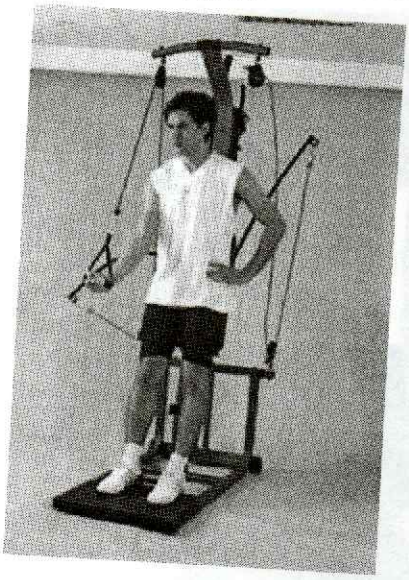
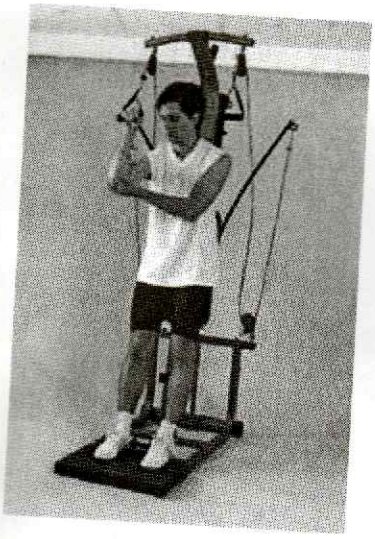


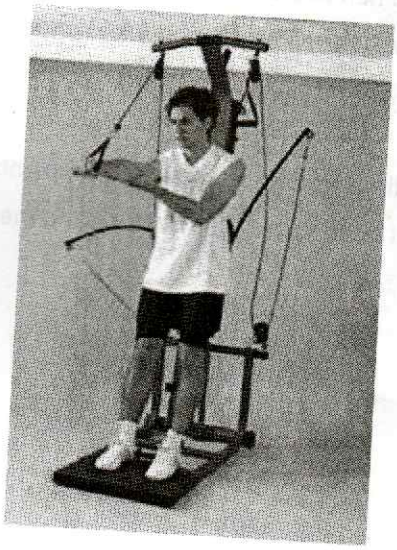
Action:

- Stand on the pedal with back towards back cushion.
- Grasp handle with palm facing up and elbow bent.
- Pull the handle with elbow downward.
- Slowly back to the starting position.

Start



Finish



Action:

- Stand on the pedal with back towards back cushion.
- Grasp handle with palm facing up and elbow bent.
- Extend elbow forward till it is straightened.
- Slowly back to the starting position

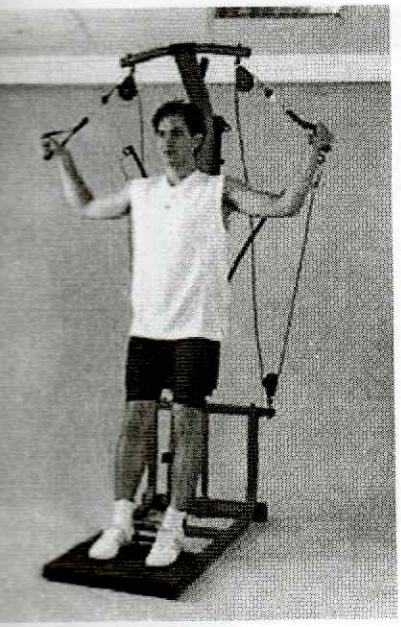
Key points:

- Keep your body stand straightly without any movement.
- Do not rotate the spine and twist.

CAPULAR EXTENSION

uscle Group: shoulders muscles

Start



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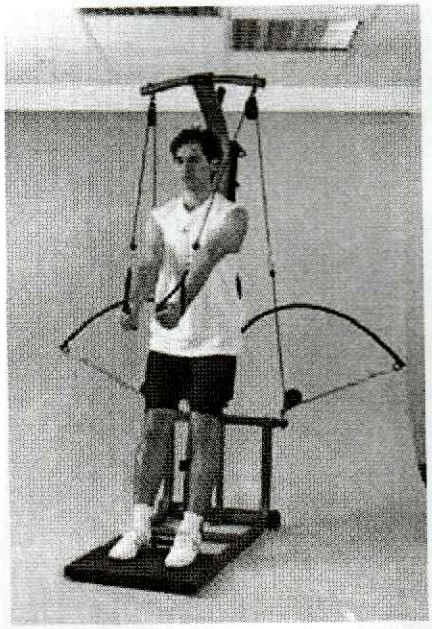


ction:

- Stand on pedal with back towards back cushion.
- Grasp both handles with arm extended.
- Pull the handles down together with arm move straight.
- Move your arms till your hands located at the same direction of the tiptoe.

ey points:

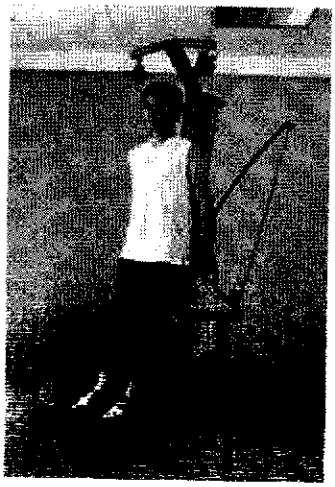
- Keep the chest stand straight and maintain good spinal alignment.
- Do not bend your waist while pulling the handle.

SHOULDER EXTENSION

Muscle Group: Arms muscle

15

Start



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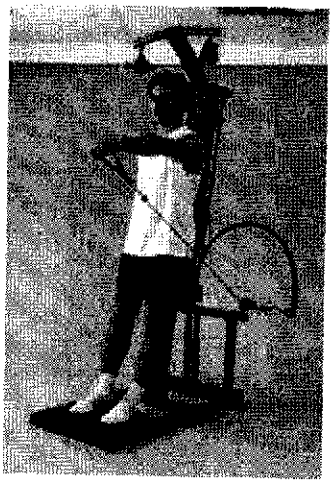


Action

- Stand on pedal with your back against back cushion.
- Grasp the handle with palm facing to each other.
- Draw your arm forward till it in the same line of shoulder.

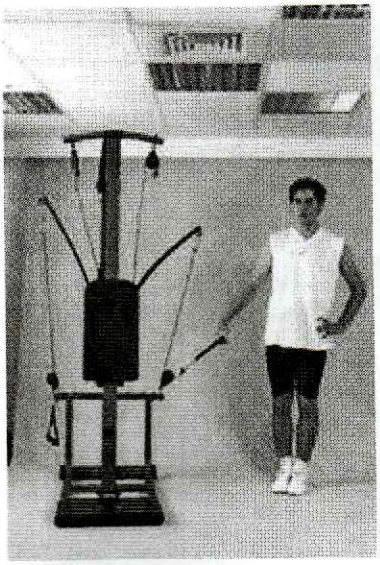
Key points:

- Do not move your body throughout the whole exercise process.
- Keep your arm extend straightly.

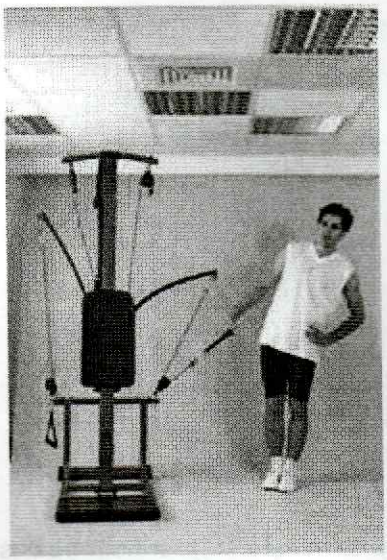
SHOULDER EXTENSION

Muscle Group: Arm

Start



Finish



Action:

- Standing straight beside the machine and grasp the strap with right hand.
- Pull the handle with the upper parts of your body incline a little toward your left hand till the rob connected with handle was bent.
- Slowly back to the start position with your upper body return straight .

Key points:

- Movement only occur at the upper parts of your body and keep motionless of rest.
- Do not bend your spine and waist.

FOREARM RAISE

Muscle group: Shoulder and forearm

Start

Finish

Action:

- Standing straight beside the machine and grasp the handles with palm facing down
- Raise your arms upwards till the hands is in the same level of shoulders
- Slowly back to the start position

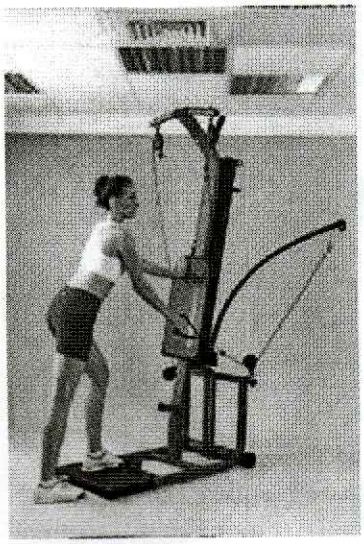
Key points:

- Keep chest stand firm and no movement of spine
- Make sure your arms is straight during the whole process.

SHOULDER RAISE

Muscle group: Shoulder Group

Start



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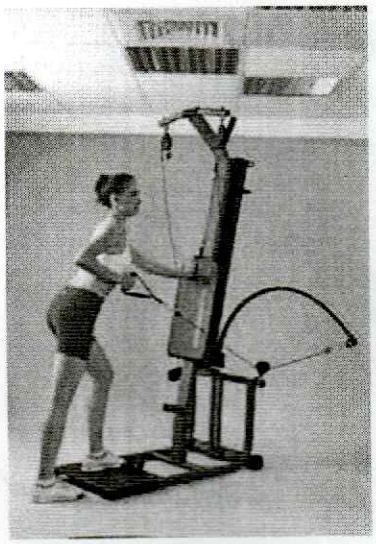
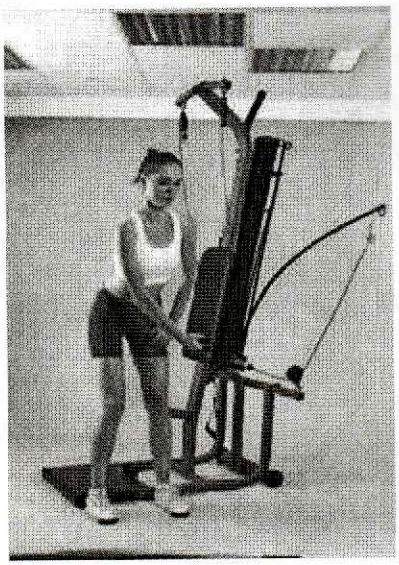


Action:

- Standing straight facing the power rod with one hand press on back cushion
- Only one foot standing on the pedal.
- Grasp the handle with your right hand and pull it backward
- Slowly back to the start position

Start



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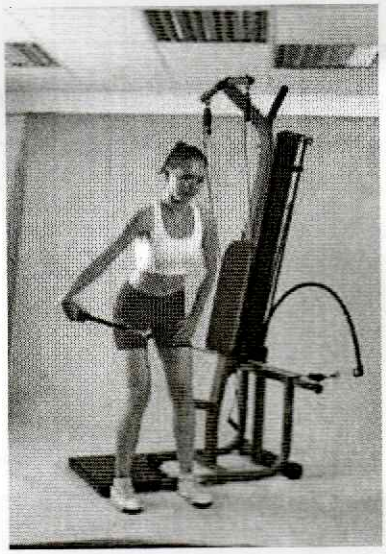


Action:

- Standing straight beside the machine and grasp the handles with palm facing up
- Extend your arms to the right side of your body
- Slowly back to the start position

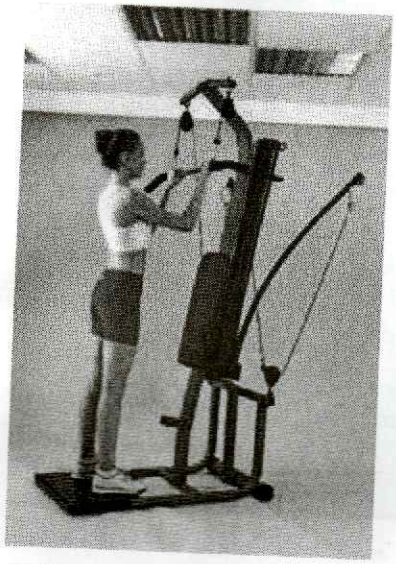
Key points:

- Keep chest stand firm and no movement of spine
- Make sure your arms is straight during the whole process.

ARM EXTENSION

Muscle Group: forearms

Start



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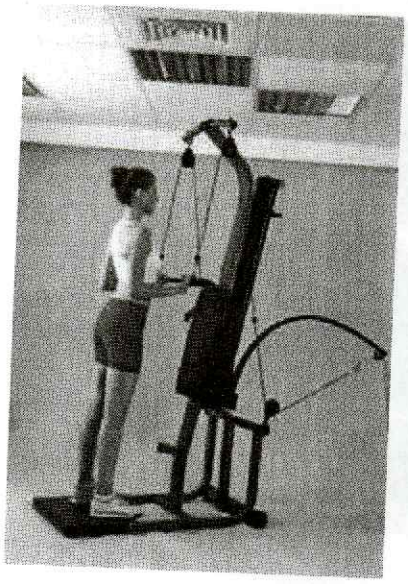
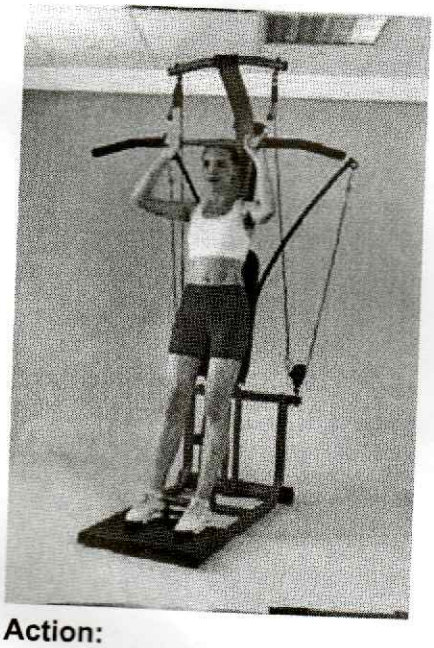


Action:

- Standing over the pedal with your face towards the back cushion and hold the Lat Bar.
- Pull down the bar till it get under your chest.

Start



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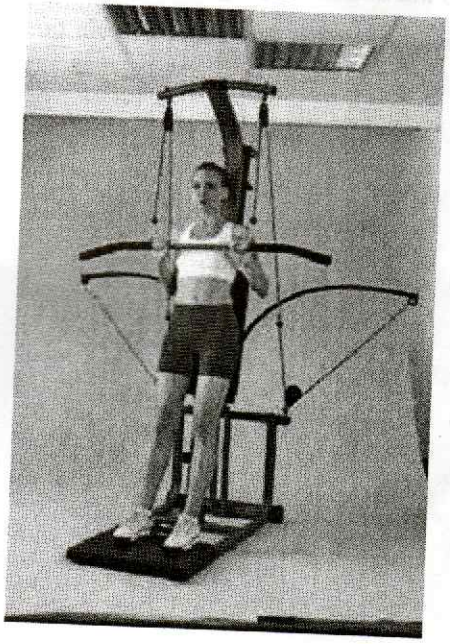


Action:

- Standing over the pedal with your back facing the back cushion and then hold the Lat Bar.
- Pull down the bar till it get under your chest.

Key Points:

- Keep the abdominals tight throughout the entire motion and maintain good spinal alignment.
- Do not let the arch increase in the lower back while pressing up.

RM EXTENSION

uscle Group: forearms

Start

Finish

ion:

- **Standing** beside the machine with your left hand grasp the handle.
- **Move** your hands till it is located in front of your belly.

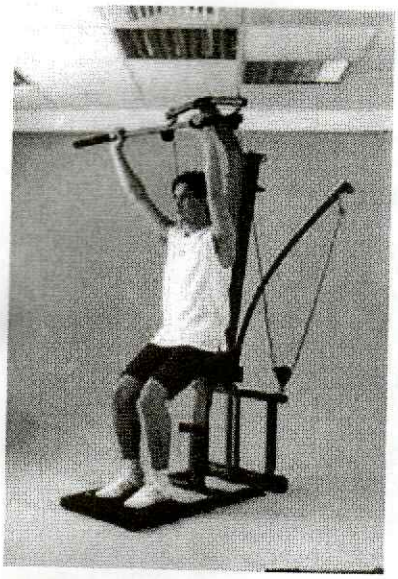
y Points:

- **Keep** the abdominals tight throughout the entire motion and maintain good spinal alignment.
- Do not move twist and upper of your body.

FOREARM EXTENSION

Muscle Group: forearms

Start



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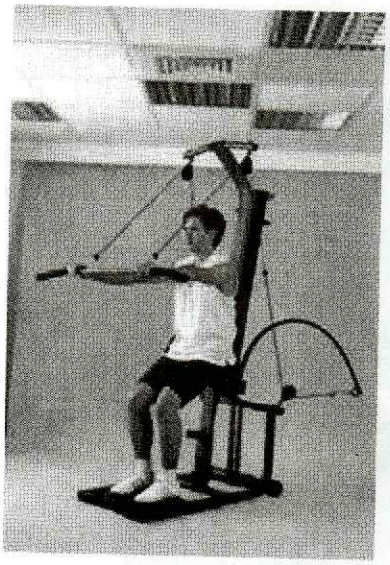


Action:

- Sitting on the cushion and put your foot on pedal.
- Grasp the lat bar with palm downward.
- Stretch your arms and let it stops in front of your breast.
- Slowly return it back to begin position.

Key Points:

- Keep your back sitting there straight during whole exercise.
- Do not move waist and the upper of your body.

CHEST EXTENSION

Muscle Group: Should, Arms muscle

Start

Finish

tion:

- **Standing** beside the machine with your face towards the back cushion.
- **Grasp** the handle in front of you.
- **Pull** the handle upward till it close to your jaw.
- **Slowly** return it back to begin position.

n:

- **Standing** beside the machine with your face towards the back cushion.
- **Grasp** the handle in front of you.
- **Pull the** handle upward slowly till it is close to your belly.
- **Slowly** return it back to begin position.

oints:

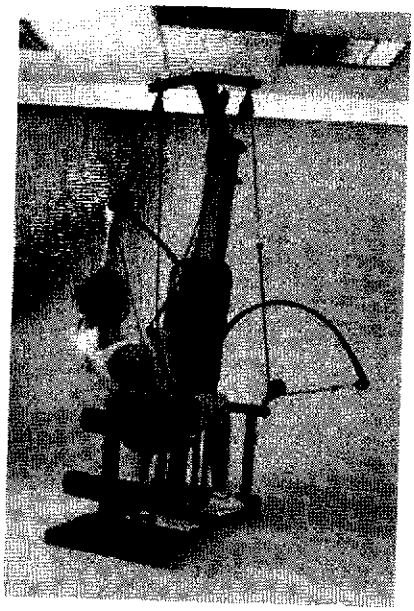
- **Keep your back** sitting there straight during whole exercise.
- **Do not move** waist and the upper of your body.

CHEST EXTENSION

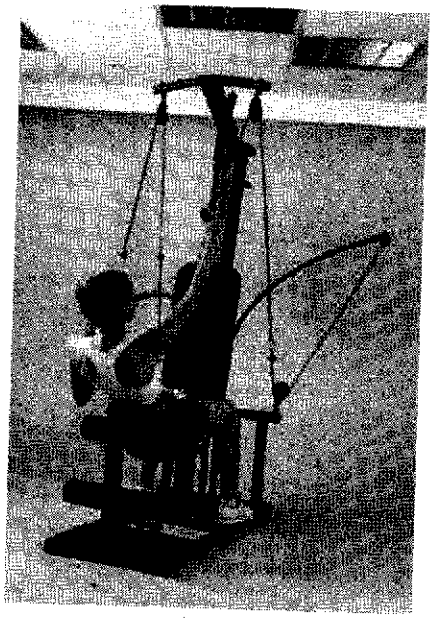
Muscle Group: Should, Arms muscle

Start

31



Finish



Action:

- Seating on the seat cushion with face upward.
- Grasp the hand straps. First, pull down the straps with one of your hand. At same time, your body need to move downward.
- Change other hand for same activity.
- Slowly return it back to begin position.

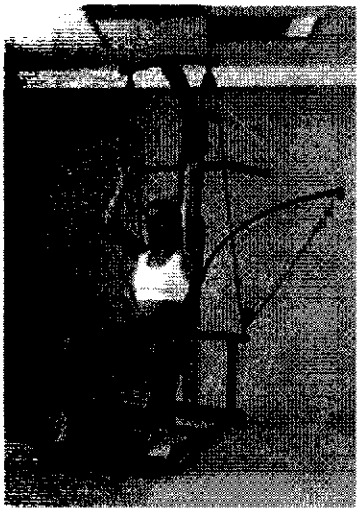
Key Points:

- Keep your body sitting on the cushion correctly.
- Do not move waist and your body.

BREAST EXTENSION

Muscle Group: Should, Arms muscle

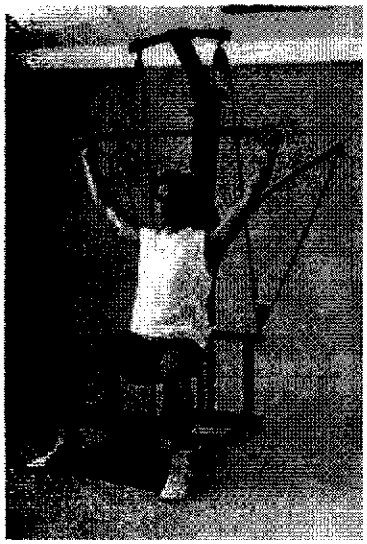
Start

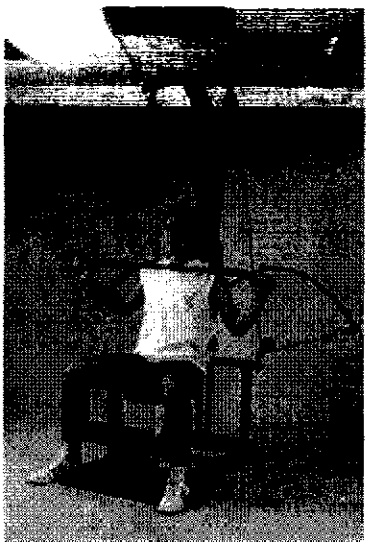


Finish

Action:

- Seating on the seat cushion with your back against back cushion.
- Grasp the lat bar with palm face to frame and pull the bar downward till it close to your neck.
- Slowly return it back to begin position.





Action:

- Seating on the seat cushion with your back against back cushion.
- Grasp the lat bar with palm face to outside and pull the bar downward till it close to your neck.
- Slowly return it back to begin position.

Key Points:

- Keep your body tighten during the whole process.
- Do not move waist and the your body.

*** Each Level of difficult will present either 2*5 LBS, 4*10LBS, 2*25LBS, 2*50 LBS, increment depends on exercise selected.**

Don't go back to the store !

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Save Time !

Save Time !

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We apologize that even though great care and effort has been taken, occasionally errors may occur.
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CANADA INC.
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Please refer to your manual for parts and product identification numbers. Thank you.

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Sauvez du temps!

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Nous nous en excusons.
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Consulter votre manuel pour connaitre les numéros d'identification des pièces et du produit. Merci.